

#### **SDA ANNUAL REPORT 2015-16**

## OUR VISION AND VALUES

#### VISION

Accredited Sports Dietitians are recognised as an integral part of a committed athlete's team helping them to achieve their health and performance goals.

events, resources and a

collegiate network

#### **VALUES**

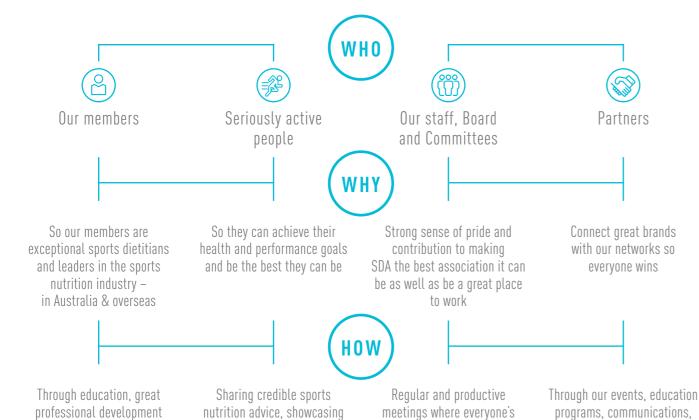
Empower people through collaboration to achieve

#### Educate ourselves to learn and share

Strive for excellence to be the best we can be

Integrity in everything we deliver

#### **OUR PURPOSE**



great outcomes & making

it easy to connect with our

members

opinion is valued and shared.

We're striving for best practice

in everything we do

state meetings and our

growing digital community

#### **SDA ANNUAL REPORT 2015-16**

## TABLE OF CONTENTS

YEAR BY NUMBERS	1
STRATEGIC GOAL #1  - Our Members  - Education  - Career Development Pathway  - Research grants  - State Wrap-up	2-11
STRATEGIC GOAL #2 - External Communications - Website - Other projects	12-15
STRATEGIC GOAL # 3	16-18
GOVERNANCE & OPERATIONS - President's Report - Executive Officer's Report - Committees - Board + HQ + Significant others	19-23
FINANCIAL REPORTS	24

#### CDP **PROGRESSION**



STUDENT MEMBERS BECAME ASSOCIATE MEMBERS





PROVISION SPORTS
DIETITIANS BECAME
ACCREDITED SPORTS
DIETITIANS ACCREDITED SPORTS DIETITIANS BECAME ADVANCED SPORTS DIETITIANS



#### **FOLLOWERS**

From predominantly industry related health care professionals and organisations







TWEET IMPRESSIONS **FROM** 

63K \( \text{TO 170K} \( \text{\tin}\text{\tint{\text{\tetx}\text{\tetx{\text{\texi}\text{\text{\text{\text{\texi}\text{\text{\texi}\text{\texi}\text{\texi{\texi}\tint{\titil\titit{\texi}\text{\texit{\texi}\text{\texi}\titt{\text{\tex

- OVER 12 MONTHS -

**118,584**(分) **UNIQUE VISITORS** 

to SDA website over 12months 2014-15 = 88,770













#### 12,307 LIKES

Our followers are predominantly 25-35yo active females, SDA members and people studying dietetics or have a strong interest in nutrition

63% on 2015

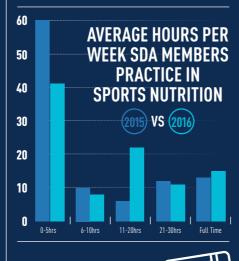


**FACEBOOK DAILY TOTAL REACH** 

FROM

4133 % TO 8129 %

- OVER 12 MONTHS -



COMMUNITY <==1D

from the fitness sector and a growing number of healthy active Australians captured via our website





#### STRATEGIC GOAL ONE

## ADD VALUE TO OUR MEMBERS



WHY: Our members are our reason for being, our purpose.

We need them to be smart & savvy to ensure they offer great service; have successful businesses & rewarding careers; and help us 'fly the flag' for credible sports nutrition advice & the profession.

#### **OUR MEMBERS**

MEMBERSHIP AT 30 JUNE 2016 (N=494)

9

Fellows

19

Advanced

184

Accredited

116

Provisional

109

Associates

**57** 

Students

#### CAREER PROGRESSION

### CONGRATULATE

11

Student members becoming Associate members

Associate members becoming Provisional Sports Dietitians

Provisional Sports Dietitians becoming Accredited Sports Dietitians

Accredited Sports Dietitians becoming Advanced Sports Dietitians

#### **MEMBER** COMMUNICATIONS

	ENEWS	FUEL	CDP WRAP	PARTNER EDMS
What is it	Regular update of latest news, job & PD opportunities & general goings-on	In depth member case studies, CDP quizzes, conference wrap-ups, HQ update, business tips	Curated summary of relevant published research & some outside-the-square inspiring stories	Dedicated email from corporate partners & product sponsors with great offers for members to try their product
Frequency	Fortnightly	Monthly	Monthly	As required
Did you know	16 October 2015 issue had highest click thru's we suspect because of a record number of Job Opportunities  Most popular click thru = Working with Adolescent Athletes webinar in November (139 clicks)	April 2016 edition was best in show which featured April Bennetts report on working with CrossFit athletes, Jess Spendlove's tips for working with a team chef, Ruth Logan insights into the benefits of juices & smoothies, LinkedIn referral tips.	Most clicked journal article was Losing fat while gaining muscle: Scientists close in on 'holy grail' of diet and exercise  Average Open rate is 64% and no one un-subscribed in the past 12months  95% of members agree/strongly agree it's a valuable source of information	Our partners report higher-than-average click rates.  Our thanks to:  Etixx  Pure Warrior by Swisse  Geligmite  Miele  IJSNEM  a2 Milk  Dineamic  Dairy Australia  Gatorade

#### **OUR MEMBERS CONSULT IN** MANY SPORTS



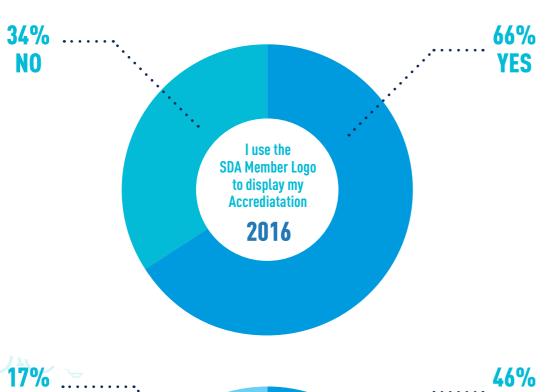
TRIATHLON, CYCLING, AFL, RUNNING, RUGBY, SWIMMING, BODY BUILDING/GYM, CROSSFIT/MMA, BASKETBALL, ROWING, GYMNASTICS, SAILING, HOCKEY, NETBALL, CRICKET, WALKING

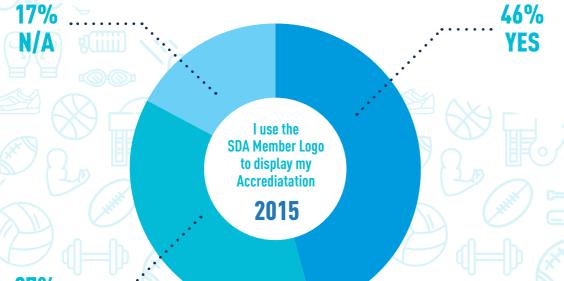
### AccSD CREDENTIAL LOGO USE





We're rapt to see an increase in members displaying their Accreditation Logo. As part of our strategy to increase awareness of the profession, the trademarked logo plays an integral role as a symbol of trust, giving active Australians piece of mind for credible sports nutrition advice.





NO

5 SDA ANNUAL REPORT 2015-16

### EMPLOYMENT SETTING

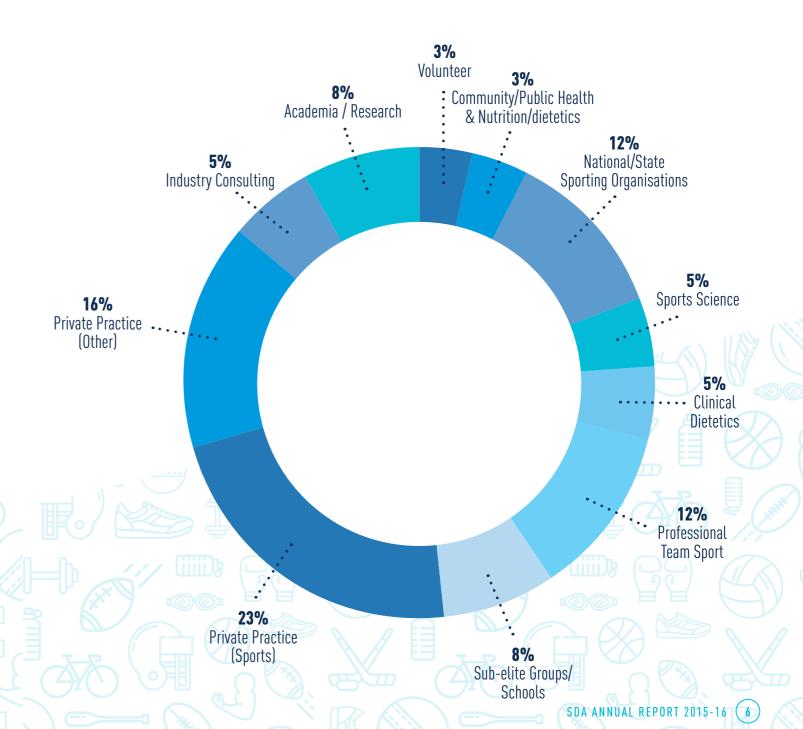






The below chart shows the wide and varied employment settings of our members.

One of the biggest surprises to many non-members is that Accredited Sports Dietitians don't have one full time job unlike other professions. In fact, full time roles are rare. Instead, our members work in a broad cross section of settings, showcasing their versatility and flexibility – because variety is the spice of life, right!?



#### **EDUCATION**

## 2015 SDA CONFERENCE

**LEADERSHIP & INNOVATION FOR PRACTICE SUCCESS** 

#### 212 PARTICIPANTS:

36

Speakers sharing their wisdom on Private Practice tips for success, Low Carb - High Fat (LCHF), Energy Availability, technology tools of the trade, what the neighbours are up to, ageing athlete, gut microbiota,

& supplementation

**6** Sponsors

22 Abstracts submitted

12 "Soapbox' abstract presentations

+ 7 Scientific posters

#### 93%

Post-event survey respondents strongly agreed/agreed that the "Conference met my expectations"



77

I just wanted to pass on my thanks standard of work being done across the country and the professional

- Ben Desbrow

It really was a fantastic conference. The calibre of that was given to everything over the two days was

- Kath Shone

### 2016 SDA COLLECTIVE

**BODY COMPOSITION ASSESSMENT & INTERPRETATION** 

#### **39 PARTICIPANTS:**

**Expert Speakers** 

74%

Post-event survey respondents strongly agreed/agreed that the "Collective met my expectations"

> With gratitude to our event **DEXA Melbourne & Body DEXA Fit**

> > **20 PTS** ATTENDANCE







## SPORTS NUTRITION COURSE

This unique course educates our next generation of sports dietitians on how to convert the science of sports nutrition into practical and meaningful interventions for athletes and coaches.

We're grateful to the nationally and internationally recognised sports nutrition professionals who present, incorporating the latest information on sports nutrition and provide personal insights in working with athletes.

Completion of this 4-day course is a criteria to becoming an Accredited Sports Dietitian.

#### Canberra, AUST - November 2015

42

incl dietitians from NZ & Singapore

Calgary, CANADA - November 2015

45

Canberra, AUST - May 2016

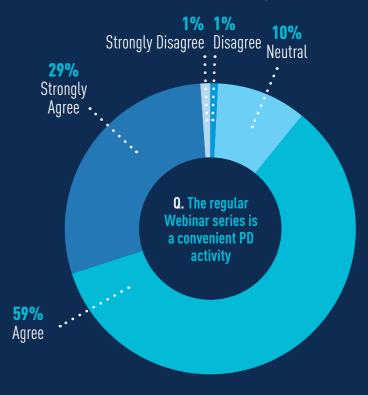
incl dietitians from UK, NZ & Singapore

#### WEBINARS

10 PTS **ATTENDANCE** 

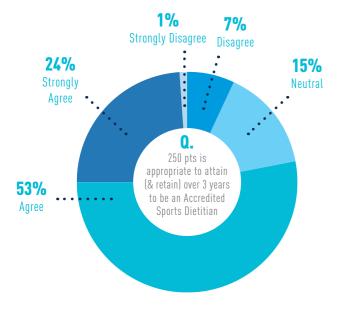
Our webinar series offers members a cost effective, accessible professional development activity. All webinars are recorded and available, along with presenter slides, post-webinar.

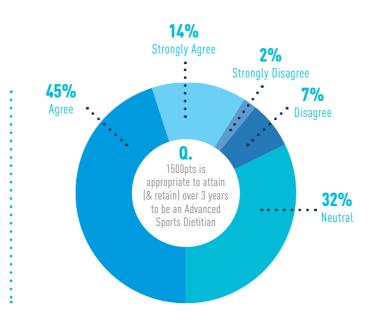
From our Annual member survey:

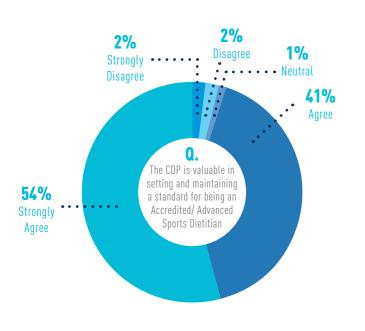


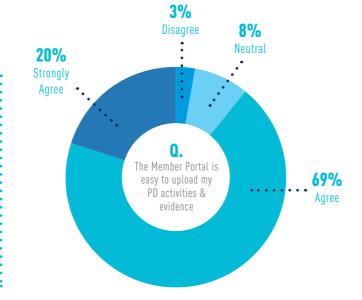
DATE	TOPIC	ATTENDANCE
20/08/15	Masters Athletes - Peter Raeburn	Registered = 74; Attendance = 38 Click registration link = 131
17/11/15	Adolescent Athlete - Greg Shaw	Registered = 52; Attendance = 35 Click registration link = 105
09/02/16	Gluten Free Diets and Athletic Performance - Dana Lis	Registered = 37; Attendance = 30 Click registration link = 77
04/04/16	Managing Athletes with Type 1 Diabetes - Renee Kennedy	Registered = 22; Attendance = 20 Click registration link = 40
14/06/16	Natural Therapies & Sports Nutrition - Kira Sutherland	Registered = 14; Attendance = 9 Click registration link = 21

#### CAREER DEVELOPMENT PATHWAY









#### 2016 CDP AUDIT

19 AccSD + 5 Prov SD members were randomly selected for audit. This year's audit showed an a noticeable improvement in members attaching evidence of their logged CDP activities and all passed with flying colours.

#### 2016 CDP ACTIVITIES

Total CDP points logged during 2015-16:

2,146 individual CDP activities logged **52,677** total CDP points logged

#### 2015 RESEARCH GRANTS

#### Julia Bone - Australian Catholic University & AIS

Rationale: The measurement of resting metabolic rate (RMR) can be used to identify or confirm low energy availability in athletes. Energy availability considers the role of energy intake in meeting the needs of the various physiological processes it must support within a biological system. In order for RMR to be used as a diagnostic tool for low energy availability in athletes, it must be able to be measured with sufficient accuracy and reliability such that changes in RMR linked with functional outcomes can be detected.

Current protocols for measuring RMR in fasted, rested individuals are based on clinical or overweight populations. Therefore the residual effect of prior exercise has not been given sufficient consideration in populations with a high training load. Exercise can acutely increase metabolic rate with the effect lasting from 16-hr to 48-hr While one study in highly trained athletes has shown RMR was lower 3-days post exercise than the morning immediately after, RMR was not measured at other time points. There is a need to understand the ideal duration of rest from typical training bouts before true RMR measurements can be taken in athletes, and/or where this is not practical, to identify a correction factor that might be applied.

#### Ben Desbrow - Griffith University

Rationale: The influence of a brief dedicated nutrition recovery period following an endurance exercise task on total dietary intake and indicators of change in hydration status. Recommendations for fluid and substrate recovery for athletes following exercise have been established. While the replenishment of food and fluid for the subsequent bout is important, appropriate sports nutrition advice should also help athletes reach an optimum body composition to achieve greater success in their sport. In addition, total dietary intake or overall pattern of food eaten is considered the most important focus of healthy eating 5. As such, understanding the dietary behaviours of individuals undertaking physical activity can assist in providing appropriate nutrition advice for sports performance, body composition change and

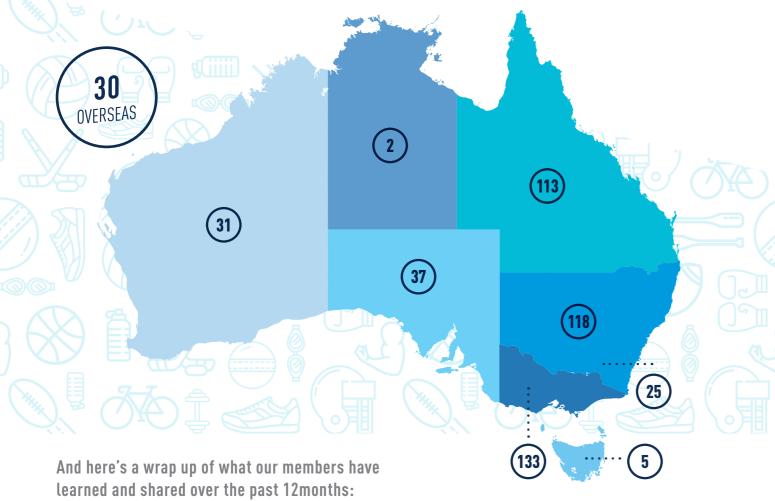
Immediate post-exercise access to fluid and food is often a feature of developed sports programs for athletes that are frequently training (e.g. recovery "stations") and organised as part of mass participation events (e.g. fun runs). Yet little evidence exists examining the impact of these strategies to improve recovery or manipulate total dietary intake. In contrast, it is also possible that access to food and fluids in the immediate recovery period could compromise broader goals associated with body composition change or overall health, particularly if subsequent dietary intake is not adjusted to accommodate for this immediate post exercise intake.

#### **STATES** WRAP-UP

#### MEMBERSHIP NUMBERS

SDA is fortunate to have a bunch of passionate sports dietitians who fly the flag for the organisation and profession around the country. They give their time voluntarily and with limited resources. Our heartfelt gratitude to the following State Coordinators for their time and effort to bring innovative and social activities to their local membership:

Australian Capital Territory [ACT] — Kate Gemmell • South Australia [SA] — Lauren Stribley • Queensland [QLD] — Ali Disher Tasmania (TAS) — Gaye Rutherford • Victoria [VIC] — Katherine Shone • Western Australia [WA] — Jayde Sedgman New South Wales [NSW] - Chloe McLeod & Rebecca Hay



- Product tasting
- Networking and sharing case studies and stories
- Conference report backs
- Jacki Walker UQ research update
- Gary Slater Body Composition assessment
- Anthony Meade Sports & Renal nutrition combined (via Skype)
- Tim Altman Naturopathy and psychology techniques (via Skype)
- Kristen Mackenzie a look 'inside and out' sports nutrition in QLD; getting to know our members a lot better
- Industry insights and site visits



#### STRATEGIC GOAL TWO

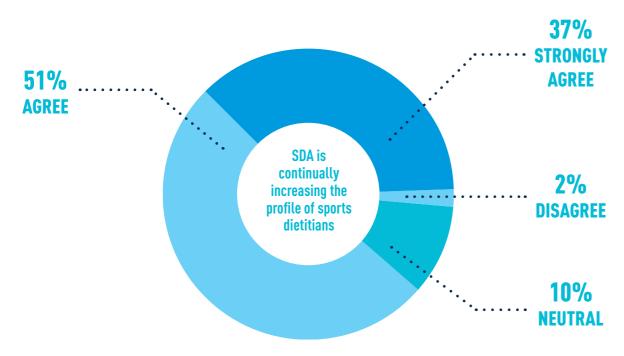
# INCREASE ENGAGEMENT BETWEEN ACCSD SERIOUSLY SPORTY



#### WHY: To help our members grow their business, they need clients.

Yet our market research confirmed that awareness is low about who they are, what they do or what value they add and how they can help (..vs Dr Google!).

From our annual member survey, here's what our members think of our work to date:



#### EXTERNAL COMMUNICATIONS

	NUTRITION BITES	SDA BLOG	FACEBOOK	TWITTER
What	Monthly eDM of credible sports nutrition advice, recipes & industry insights	Monthly expert comment by AccSD on topical issue	Engaging active Australians with ours and others credible sports nutrition information"	Sharing ours and others credible sports nutrition info
Who	SDA community - an engaged bunch of healthcare & fitness professionals & active individuals	Engaged active individuals seeking credible sports nutrition content	People interested in health and active lifestyle, including some international friends & health professionals	Industry related individuals and organisations here and overseas
Best in Show	February 2016 article Shopping Basket guide for Active individuals Followed closely by January 2016 article Avoid muscle cramps at all costs	Aug 2015 Magnesium + Cramping During Exercise written by Andrew Hall, AccSD	23 June 2016 Post "A perfect illustration that there is no one diet or body type for an athlete" Reached 44.8k	15 April 2015 (with a total of 675 engagements & 22,030 impressions) Prof Stu Phillips quote from ESSA Conference - Exercise is King, Nutrition is Queen and together they make the Kingdom (original quote by Jack Lalanne)
Fast stats	Over 3,800 subscribers & growing at 3-5% monthly	Highest page views 2,823	60% of people engaged are females aged between 18-44yrs	18% growth in followers over the year

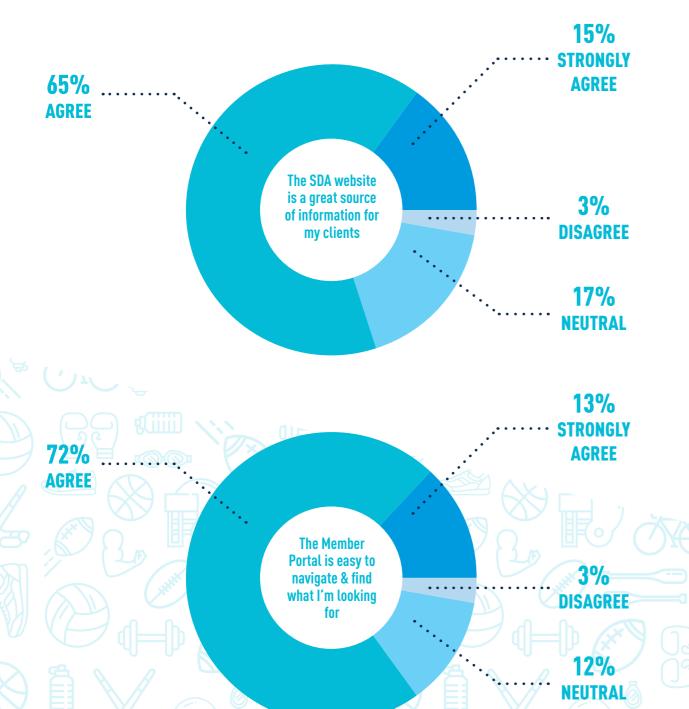


"OVER 3,800 SUBSCRIBERS & GROWING AT 3-5% MONTHLY" - NUTRITION BITES

#### **SDA WEBSITE**

Our new website has been designed to be **THE "go to" website** for nutrition content, tips, recipes, latest news and research for seriously sporty individuals and their networks; help them find a local sports dietitian; and provide members with easy, intuitive, user-friendly access to a variety of resources and tools that support them to be exceptional.

The big news happened in May when during a radio interview on Triple J, between Dr Karl Kruszelnicki and Prof Clare Collins, Clare told listeners to head over to our website for great sports nutrition content – the site crashed! And like any shop front, we're continually changing the stock, trialing new ideas and keeping it fluid. We're proud to report:



(15) SDA ANNUAL REPORT 2015-16



#### STRATEGIC GOAL THREE

## GLOBAL LEADERS IN SPORTS NUTRITION



WHY: Many countries look to SDA and our CDP model. Our Sports Nurtition Course has been delivered in 4 countries a total of 6 times (we're exporting!), and we'll look for new international markets to share this home-grown expertise.

Improved engagement with past Sports Nurtition Course participants expands and diversifies our membership, increases revenue and positions SDA as global leaders in sports nutrition

## HELLO NEW ZEALAND!

With much excitement New Zealand sports dietitians can now access our Accreditation credential. Having received feedback that the AccSD logo/status is highly valued by our friends over the Tasman, we took our first step into expanding the CDP internationally enabling NZ Sports Dietitians to access AccSD logo.

And further afield, we've had conversations with the Japan Sports Nutrition Association (JSNA), who have translated a number of our factsheets for their website; and Hong Kong Dietitians Association and Hong Kong Association of Sports Medicine and Sport Science (HKASMSS).

#### ON THE SIDE



#### IRONMAN AUSTRALIA

In response to athlete feedback, IM Australia approached SDA to overhaul the catering offered at the Port Macquarie IM on 1 May 2016. Ali Patterson worked with their catering company to develop guidelines that achieved the athletes' nutrition goals and requirements for each dining occasion (pre, post & party events), while still giving the chefs flexibility to be creative. At the Welcome dinner we were grateful to have Peter Clark (AdvSD) available to answer any last minute questions and guide portion sizes.





#### **ADVOCATING IN THE FITNESS SECTOR**

Over the past 12months, SDA has been involved in providing expert comment and feedback on a number of proposed training packages. Following on from our involvement in the review of the Cert III & IV in Fitness in 2014-15, which were endorsed by ASQA in September 2015, SDA has submitted responses to:

- ASQA in relation to SISFITT020 Body Composition Assessment unit of competency
- ASQA in relation to NUTNAC502A Provide nutrition advice for weight management unit of competency
- AIPT's Diploma of Nutrition (plus collaborated with DAA on a joint submission)

SDA has also been a member of Fitness Australia's Expert Reference Group charged with developing a Nutrition General Statement to inform and guide Registered Exercise Professionals about what nutrition advice they can give, within scope of practice, and what they can't. Our sincere gratitude to Ali Patterson and Gary Slater, for their time and expertise in collaboration with Matt O'Neill representing DAA.

The final document should be available towards the end of 2016.

#### ESSA CONFERENCE – APRIL 2016

Amongst our flamingos, picnic rug, vegetable garden, carbloading and IM race day nutrition displays, we asked ESSA members what they are most confused about in the noisy nutrition space. We head counted about 14 SDA members milling in the crowd either presenting or showcasing research in the Poster session. And thanks to our members who joined us on the stand.

#### **DAA CONFERENCE – MAY 2016**

Hat tips and high 5s to our President, Simone Austin, for her approach to DAA for a reciprocal, in-kind stand at their conference. We were delighted with the positive response and interest from participants, many of whom are keen to join SDA and/or progress down the career pathway to becoming Accredited.

Our thanks to Pure Warrior Powered by Swisse for their samples and support and SDA members Simone, Tim McMaster & Elaine Bo for hanging out with us on the stand (& testing bean bags!). Oh and to Pete & Penelope (our resident flamingos) who kept an eye on things while we were chatting with other exhibitors.





#### INFORMED-SPORT CONFERENCE - JUNE 2016

In June, we supported Informed-Sport to host their Supplements in Sport event in Melbourne. This event coincided with the release of research, conducted by LGC, that of 67 supplement products available in Australia that they tested, one in five contained banned substances. There was a strong presence of SDA members in the audience and as speakers - Simone Austin, Ali Patterson, Louise Burke, Jeni Pearce & Gary Slater.

#### PRESIDENT'S REPORT

#### **EXECUTIVE OFFICER'S REPORT**



Well my first year as President has come and gone and I feel like we are just getting started! I confess to being a little nervous taking on this big role of such a well-respected, well run and fun organisation, however Mel, the office team and the Board have made it an exciting and rewarding ride. What amazing energy we all bring!

Probably the highlight of the past 12months was the 2015 SDA Conference. It was the first 2-day conference SDA had run, taking on feedback provided after our 2013 event. The presentations were informative and practical, covering both sports nutrition and private practice tips for success, and the sponsors generous with their support.

#### "The SDA team over delivered on what many have described as the best conference they've been to."

My first big task was the Board strategy week-end to really bed down our new Strategic Plan; it also started the ball rolling on my expectations, hopes and dreams for SDA. My first hope was that the board, with three new members (Ali P, Ali D & Clare), gelled guickly and we were able to get down to some worthwhile planning and we did. The two days included some great dreaming of a future SDA. This drew out my first hope as President for SDA that I will share a little further on. We took a different approach to previous strategy week-ends, and used Appreciative Inquiry (AI) to build on our strengths to help everybody flourish – as individuals and as an organisation. We looked at the four 'Ds' of AI - discover, dream, design and deliver. Some of our 'dreams' were SDA as a household name, our own SDA food range, SDA ranked as #1 for health & fitness on social media and plentiful jobs for members!

We still have a laugh at ourselves reflecting on our strengths and regularly at Board meetings we now include activities that 'dial-up' our 'lower' strengths. Thank you so much to Elise Morris (Still North) who facilitated the days.

One of my concerns on taking on the Presidency was the reduction in corporate partnership dollars and how we were going to tackle this to ensure future revenue. Mel has done a fantastic job at looking for alternative avenues, with some success already, whilst tightening the purse strings even more and the board commencing a new investment strategy. I am feeling pretty comfortable about this now - well done team! New partnerships that are not necessarily financial have also been explored; the most exciting one this year being with Miele. Priceless marketing for SDA being aligned with a premium brand and the cooking demos and recipes were fantastic if you happened to attend.

The Board strategy week-end also revealed my first hope - greater recognition for Accredited Sports Dietitians particularly by DAA. So I requested a stand at the DAA conference and we were off and running, shortly followed by a trip to Canberra to meet Claire Hewat (DAA CEO). After positive initial chats, we have started working more together, in particular in the area of social media. They can see the bigger picture of what an awesome, innovative organisation SDA is with a bunch of energised members that we have... who wouldn't want to collaborate with us?!

#### "Huge thanks to all the board members who volunteer their time and bring such important skills to keep the direction of SDA evolving and growing"

Particular mention to Anoop & Mike who bring a wealth of knowledge beyond the industry, being the 'non dietitians' amongst us. In February, we welcomed Kellie to the office, when Georgie went on maternity leave; Ali continues as our awesome 'resident sports dietitian' and Marie has stepped up increasing her hours to take on extra responsibility. What a team that punches well above their weight! Mel. where do we start... Her innovation and thinking outside the square has become a trademark for SDA and how we do things, in such an inclusive, community minded and holistic approach.

As a board, we've identified Perspective as a lower strength. So to dial-it-up, Mike shared the Harvard Business School leadership article about the importance of taking both 'balcony and dance floor views' and moving between the two for success. So from the balcony, overlooking the dance floor, I hand over to Mel who's on the dance floor (operational). And I encourage you all to start dancing, get involved and even consider a stint up on the balcony by joining the board! Oh and I can't wait for our 21st anniversary celebrations in 2017 when we're sure to dance the night away!

Heifetz, R., and Linsky, M. Leadership on the Line: Staying Alive Through the Dangers of Leading. Boston: Harvard Business School Press, 2002



Like Simone (and I suspect a large number of SDA members!), I love to dance ....a bit like that Swedish proverb - dance like no one is watching! If you were a fly on our lounge room wall, you would often see me and my daughter busting out moves most afternoons. It's a super fun way to relieve worries.

So from the dance floor, here's how the SDA office busted out our moves this year:

**OUR NEW WEBSITE** - With creative and technical support from Digicap, our fresh new 'shop front' was well received. Like any IT implementation, it hasn't been without its challenges as we massage and manipulate the 'back-end' to accommodate our very customized CDP. And we continue to make improvements. I'm so grateful to Georgie who 'project managed' this work.

#### GREAT PROFESSIONAL DEVELOPMENT ALL YEAR ROUND -

While the 2015 Conference was certainly the highlight (I'm so proud of the team who proved you can run big conferences 'in-house'!), we continued our Webinar series and Journal Quizzes via FUEL, to offer members accessible and relevant continuing education. And our Collective on Body Composition & Assessment was a masterclass led by the body comp masters, Gary Slater & Ava Kerr.

**ADVOCATING FOR YOU -** As mentioned on page 18 Ali Patterson, Gary Slater and I have played an important role in educating and supporting Fitness Australia with their scope of practice resources. This work continues.

**SUPPORTIVE CORPORATE PARTNERS -** We're so very grateful for the continued support of Almond Board of Australia, Dairy Australia, Gatorade, a2 Milk and Informed-Sport. Joining them this year we welcomed Miele proving we

have a strong value proposition to play with the big brands. These, combined with a range of other companies listed earlier in the report, confirm that our members are THE 'key influencers' in the sports nutrition field and important to have aligned with relevant product.

**COUNTING THE PENNIES** - Every business has its cycles, and it seems that this year we hit the bottom of ours. With declining corporate partnership revenue, the P&L bottomed out, requiring some prudent financial management. A nip-and-tuck here and there and things are back on the upward swing.

COMINGS AND GOINGS ON THE DANCE FLOOR - We welcomed Kellie Barnes as our Online Community Manager, joining us while Georgie began her motherhood journey (it was a boy!). Marie graciously and effortlessly stepped up and into a few new responsibilities, and Ali P continues to bring expert 'knowledge' as our in-house sports dietitian. It never ceases to amaze me how much we do, given we're a national peak membership body running on the equivalent of 2 full time staff! I LOVE working with these ladies.

**DURING THE DANCE BREAKS -** We have also been investigating cost-effective, online learning platforms; overhauling our Product review policies and processes (our sincere thanks to Mia Sadler for her 'clever' and guidance).

#### AND LIKE ANY GOOD DANCE. THERE'S ALWAYS A CONGA LINE!

Ably lead by our President, Simone Austin, our willing and passionate Board and Committee members give of their time voluntarily and always exercise their responsibilities with the membership at the forefront of decisions. Occasionally some go left while others go right but that's all in the name of robust and informed debate! Finally, with the support of the amazing HQ team, we showed again this year that there were no breaks in our conga line of collaboration, support and commitment for you and the profession.

It is both an honour and a privilege to 'SET THE BEATS' of this great organisation and with energy and fun we're looking forward to dancing into our next 3 year plan and our 21st celebrations. Be sure to join us!

#### COMMITTEES

Our Committees ensure strong governance, expert opinion and great input into program development. Each is guided by Board-approved Terms of Reference and Board members are appointed to Committees in accordance with their individual expertise.

SDA is extremely grateful to all committee members who give of their time willingly and voluntarily. And they are a bunch of really nice people too!

#### MARKETING & COMMUNICATIONS



#### Mike Harley (Chair) Teri Lichtenstein Simone Allen

Oversees SDA's marketing. communication and social media strategies to raise the profile of SDA's amazing members amongst seriously sporty Australians

#### Achievements this year:

- Reviewed Marketing Plan to reflect new 2016-2020 strategic plan
- Targeted marketing activities have increased the number of seriously sporty Aussies (SDA target audience) now engaged with SDA and our members across our media platforms

#### FINANCE AUDIT & RISK



#### **Anoop Singh (Chair) Gaye Rutherford**

#### Guest: Simon Power. Baillieu Holst (Investment Adviser)

Oversees all aspects of SDAs financial & risk management, audit and investment strategy

#### Achievements this year:

- Implementation of SDA's Investment Strategy with Baillieu Holst Financial Advisors
- Engaging a new bookkeeper (Expert CA) and moved to Xero cloud-based accounting
- Improved financial reporting to the Board & completed Risk Assessment
- Prudent financial management to mitigate sponsorship reduction

#### EDUCATION



#### **Greg Shaw (Chair) Greg Cox Kristen Mackenzie-Shalders** Mitchell Smith from Jan '16 **Ali Disher** from Jan '16

Oversees all Career Development Pathway (CDP) matters; provides content direction for SDA events and conferences

Alison Patterson until Jan '16

#### Achievements this year:

- Oversight of SDA Conference (Oct '15) planning
- Continuous update of CDP to include new activities, most notably business skills professional development
- Oversight of Sports Nutrition Courses delivered in Australia (Nov '15 & May '16) & Canada (Nov '15)
- Ongoing content ideas for webinar series
- NZ sports dietitians can now access AccSD logo and CDP credentialing

#### 2015 SDA CONFERENCE ORGANISING



#### **Gary Slater (Chair) Greg Shaw** Helen O'Connor Mitchell Smith Kristen MacKenzie

Oversight of planning aspects of the 2015 Conference, including scientific program content and call for, and review of, abstracts submissions

#### "Leadership & Innovation for Practice Success"

- Record number of abstracts received (22)
- 36 speakers
- 212 participants
- Jam packed 2 day program including Soapbox sessions, bean bags and pink flamingos

#### BOARD



Left to Right: Mike, Clare, Anoop, Ali D, Sim, Greg, Ali P. Seated: Gaye & SImone

#### **SIMONE AUSTIN PRESIDENT**

B.Sc., Masters of Nutrition & Dietetics, AccSD, APD

AccSD Hawthorn AFL football club, Swisse Wellness, Private practice, Corporate health presentations, DAA media spokesperson.

#### SIMONE ALLEN

B.Sc (Nutr & Food Sci), Grad Dip Diet, AdvSD. APD

Owner of Nutrition Works; AdvSD with West Coast Eagles, Wildcats, Triathlon WA, Lecturer at Curtin Uni in Exercise and Sports Nutrition

#### **ALI (ALICE) DISHER**

BAppSc (Ex Phys) / BHlthSc (Nut & Diet) PhD (current), AccSD, APD

Apple to Zucchini Sports Nutrition, QRL Referees Dietitian, Australian Canoe Sprint Team Dietitian

#### **GAYE RUTHERFORD VICE PRESIDENT**

B Nutr & Diet (Hons), IOC Dip. Sports Nutrition, B Arts (Hons), GAICD, AccSD, APD

AccSD for Tasmanian Institute of Sport, Private Practice. Director - Fairbrother Ptv Ltd & Fairbrother Foundation Ptv Ltd. & Heart Foundation (Tas Div)

#### MIKE HARLEY

BSc; Grad.Dip (Bus.Admin), GAICD

Country Director, Xpotential + Director, Percolate Pty Ltd. Previously Marketing & Innovation Director, National Foods; Global Category Director, Fonterra Brands

#### **ALISON PATTERSON**

B Nutr & Diet (Hons), IOC Dip Sports Nutrition, AdvSD, APD

AdvSD for Melbourne Rebels Rugby Union, AFL Umpires; Private Practice; SDA In-house Sports Dietitian

#### **ANOOP SINGH COMPANY SECRETARY**

MBA, Master of Arts (Eco), Bachelor of Arts (Eco Hons), CPA

COO International, Healthscope; Previously Director, Australian Diagnostics, GM -Pathology, Symbion Health Ltd; Commercial Mgr – Mayne Health

#### **GREGORY COX**

BHMS, Grad Dip Nutr & Diet, Masters Health Science (Human Nutrition). PhD. APD SDA Fellow

AIS Senior Sports Dietitian, Nutrition Lead for Triathlon Australia & Australian Canoeing, Sports Science Medicine Coordinator Triathlon Australia

#### **CLARE WOOD**

B.Sc (Nutr & Food Sci), B.Sc (Biochem), Grap Dip Nutr & Diet, APD, AccSD

Sports Dietitian for WAIS, working with athletics, swimming, diving & gymnastics, Private Practice, Sports Dietitian for TopEndSports.com







#### **ALI PATTERSON**

"In House" Accredited Sports Dietitian

#### **MELINDA JACOBSEN**

Executive Officer

#### **KELLIE BARNES**

Online Community Manager

#### **MARIE WALTERS**

Courses, Events, Membership



**GEORGIE SUTHERLAND** Marketing & Projects On Maternity Leave from March '16

#### **SIGNIFICANT OTHERS**

SDA Expert Scientific Panel

From time to time, members of this panel are utilised to consider, review and guide SDA's scientific content, resources and direction;

Greg Cox, Louise Bell, Liz Broad, Louise Burke, Michelle Cort, Ben Desbrow, Holly Frail, Karen Inge, Deb Kerr, Ruth Logan, Helen O'Connor, Fiona Pelly, Gary Slater, Clare Wood.

#### **SDA FELLOWS**

SDA acknowledges inspirational practitioners for their outstanding contribution to the field of sports nutrition in both research and education, as well as their service to SDA:

Prof Louise Burke, Dr Helen O'Connor, Karen Inge, Ruth Logan, Dr Deb Kerr, Dr Fiona Pelly, Dr Liz Broad, Holly Frail, Kerry Leech, Greg Cox and Sarah Dacres-Manning.

#### **HONORARY LIFE MEMBERS**

Glenn Cardwell and Lorna Garden

#### SPORTS DIETITIANS AUSTRALIA LTD A.B.N. 97 075 825 991

# FINANCIAL REPORT

FOR THE YEAR ENDED 30 JUNE 2016





#### DIRECTORS' REPORT

#### CONTENTS

Directors' Report	26
Auditors' Independence Declaration	27
Statement of Comprehensive Income	28
Statement of Financial Position	29
Statement of Changes in Equity	30
Statement of Cash Flows	30
Notes to the Financial Statements	31
Directors' Declaration	36
Auditors' Report	37

The directors present their report on the company for the financial year ended 30 June 2016.

#### INFORMATION ON DIRECTORS

The names of each person who has been a director during the year and to the date of this report are:

Simone Austin, Gaye Rutherford, Simone Allen, Anoop Singh, Mike Harley, Gregory Cox, Alice Disher, Alison Patterson, Clare Wood

Directors have been in office since the start of the financial year to the date of this report unless otherwise stated.

#### OPERATING RESULTS

The profit of the company after providing for income tax amounted to \$14.000.

#### SIGNIFICANT CHANGES IN THE STATE OF AFFAIRS

There have been no significant changes in the state of affairs of the Company during the year.

#### PRINCIPAL ACTIVITIES

The principal activities of the company during the financial year were inspiring, educating and empowering sports dietitians to be world leaders in sports nutrition practice.

No significant change in the nature of the company's activity occurred during the financial year.

#### **EVENTS AFTER THE REPORTING DATE**

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company, the results of those operations, or the state of affairs of the company in future financial years.

#### **ENVIRONMENTAL ISSUES**

The company's operations are not regulated by any significant environmental regulations under a law of the Commonwealth or of a state or territory of Australia.

#### INDEMNIFICATION AND INSURANCE OF OFFICERS AND AUDITORS

No indemnities have been given or insurance premiums paid, during or since the end of the financial year, for any person who is or has been an officer or auditor of the company.

#### **AUDITORS' INDEPENDENCE DECLARATION**

The lead auditors' independence declaration in accordance with section 307C of the Corporations Act 2001, for the year ended 30 June 2016 has been received and can be found on

Signed in accordance with a resolution of the Board of Directors:

Simone Austin n

Director:

Dated this 5th day of October 2016

#### **AUDITORS' INDEPENDENCE DECLARATION**

#### UNDER SECTION 307C OF THE CORPORATIONS ACT 2001 TO THE DIRECTORS OF SPORTS DIETITIANS AUSTRALIA LTD

We declare that, to the best of our knowledge and belief, during the year ended 30 June 2016 there have been:

> (i) no contraventions of the auditor independence requirements as set out in the Corporations Act 2001 in relation to the audit; and

(ii) no contraventions of any applicable code of professional conduct in relation to the audit.

Mitchell Wilson Name of Firm:

Chartered Accountants

Name of Partner:

Doug Mitchell

Address: 261-271 Wattletree Road, Malvern 3144

Dated this 5th day of October 2016

#### SPORTS DIETITIANS AUSTRALIA LTD A.B.N. 97 075 825 991

#### STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME FOR THE YEAR ENDED 30 JUNE 2016

	NOTES	2016	2015
		\$	\$
INCOME			
Sales revenue	3	4,873	2,970
Cost of sales		(1,546)	(4,655)
Gross profit (Gross loss)		3,327	(1,685)
Other revenue	3	431,698	370,108
EXPENDITURE			
Administration expenses		(93,448)	(89,991)
Auditor expenses		(4,550)	(3,579)
Depreciation expenses		(13,620)	(14,752)
Employee expenses		(190,052)	[194,637]
Operating expenses		(133,525)	(119,908)
		(435,195)	(422,867)
LOSS BEFORE INCOME TAX		(170)	(54,444)
Income tax refund	4	14,170	215,173
PROFIT AFTER INCOME TAX		14,000	160,729

#### SPORTS DIETITIANS AUSTRALIA LTD A.B.N. 97 075 825 991

#### SPORTS DIETITIANS AUSTRALIA LTD A.B.N. 97 075 825 991

#### STATEMENT OF FINANCIAL POSITION **AS AT 30 JUNE 2016**

	NOTES	2016	2015
		\$	\$
ASSETS			
CURRENT ASSETS			
Cash and cash equivalents	5	102,728	650,695
Trade and other receivables	6	9,450	27,974
Financial assets	7	560,690	-
Inventories	8	3,640	4,380
Other current assets	9	450	7,881
TOTAL CURRENT ASSETS		676,958	690,930
NON-CURRENT ASSETS			
Property, plant and equipment	10	44,975	57,483
TOTAL NON-CURRENT ASSETS		44,975	57,483
TOTAL ASSETS		721,933	748,413
LIABILITIES			
CURRENT LIABILITIES			
Trade and Other Payables	11	12,433	13,038
Provisions	12	10,587	9,378
Other current liabilities	13	32,603	73,687
TOTAL CURRENT LIABILITIES		55,623	96,103
TOTAL LIABILITIES		55,623	96,103
NET ASSETS		666,310	652,310
EQUITY			
Retained earnings	14	666,310	652,310
TOTAL EQUITY		666,310	652,310

#### STATEMENT OF CHANGES IN EQUITY FOR THE YEAR ENDED 30 JUNE 2016

	NOTES	RETAINED EARNINGS	TOTAL
		\$	\$
BALANCE AT 1 JULY 2014		491,581	491,581
Profit / (Loss) after income tax		160,729	160,729
BALANCE AT 30 JUNE 2015		652,310	652,310
Profit / (Loss) after income tax		14,000	14,000
BALANCE AT 30 JUNE 2016		666,310	666,310

#### STATEMENT OF CASH FLOWS FOR THE YEAR ENDED 30 JUNE 2016

	NOTES	2016	2015
		\$	\$
CASH FLOWS FROM OPERATING ACTIVITIES			
Receipts from customers		447,540	417,574
Payments to suppliers and employees		(469,574)	[424,418]
Interest received		2,947	19,460
Income tax received / (paid)		14,170	229,343
Net cash provided by (used in) operating activities	15	(4,917)	241,959
CASH FLOWS FROM INVESTING ACTIVITIES			
Payments for property, plant and equipment		(1,112)	(67,500)
Payments for financial investments		(545,000)	-
Net cash used in investing activities		(546,112)	(67,500)
CASH FLOWS FROM FINANCING ACTIVITIES			
Returns on investments		3,062	-
Net cash provided by financing activities		3,062	-
Net increase (decrease) in cash held		(547,967)	174,459
Cash at beginning of financial year		650,695	476,236
Cash at end of financial year	5	102,728	650,695

#### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2016

The financial reports cover Sports Dietitians Australia Ltd as an individual entity. Sports Dietitians Australia Ltd is a public company limited by guarantee incorporated and domiciled in Australia.

The functional and presentation currency of Sports Dietitians Australia Ltd is Australian dollars.

The financial report was authorised for issue by the Directors on 3 October 2016.

Comparatives are consistent with prior years, unless otherwise stated.

#### 1 BASIS OF PREPARATION

The financial statements are general purpose financial statements that have been prepared in accordance with Australian Accounting Standards, Australian Accounting Interpretations and the other authoritative pronouncements of the Australian Accounting Standards Board (AASB) and the Corporations Act 2001.

These financial statements and associated notes comply with International Financial Reporting Standards as issued by the International Accounting Standards Board.

The financial statements have been prepared on an accruals basis and are based on historical costs modified, where applicable, by the measurement at fair value of selected non current assets, financial assets and financial liabilities.

The significant accounting policies adopted in the preparation of these financial statements are presented below and are consistent with prior reporting periods unless otherwise stated.

#### 2 SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

No provision for income tax has been raised as the entity is exempt from income tax under Division 50-5 of the Income Tax Assessment Act 1997.

#### **NVENTORIES**

Inventories are measured at the lower of cost and net realisable value. The cost of manufactured products includes direct materials, direct labour and an appropriate portion of variable and fixed overheads. Overheads are applied on the basis of normal operating capacity. Costs are assigned on the basis of weighted average costs.

#### PROPERTY, PLANT AND EQUIPMENT

Each class of property, plant and equipment is carried at cost or fair value as indicated less, where applicable, any accumulated depreciation and impairment losses.

#### PLANT AND EQUIPMENT

Plant and equipment are measured on the cost basis less depreciation and impairment losses.

The cost of fixed assets constructed within the company includes the cost of materials, direct labour, borrowing costs and an appropriate proportion of fixed and variable

Subsequent costs are included in the asset's carrying amount or recognised as a separate asset, as appropriate, only when it is probable that future economic benefits associated with the item will flow to the company and the cost of the item can be measured reliably. All other repairs and maintenance are charged to the statement of comprehensive income during the financial period in which they are incurred.

#### **DEPRECIATION**

The depreciable amount of all fixed assets including building and capitalised lease assets, but excluding freehold land, is depreciated on a straight line basis over the asset's useful life to the company commencing from the time the asset is held ready for use. Leasehold improvements are depreciated over the shorter of either the unexpired period of the lease or the estimated useful lives of the improvements.

The assets' residual values and useful lives are reviewed, and adjusted if appropriate, at the end of the reporting period.

An asset's carrying amount is written down immediately to its recoverable amount if the asset's carrying amount is greater than its estimated recoverable amount.

Gains and losses on disposals are determined by comparing proceeds with the carrying amount. These gains or losses are included in the statement of comprehensive income. When revalued assets are sold, amounts included in the revaluation reserve relating to that asset are transferred to retained earnings.

#### CASH AND CASH EQUIVALENTS

Cash and cash equivalents include cash on hand, deposits held at call with banks, other short-term highly liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within short-term borrowings in current liabilities on the statement of financial position.

#### TRADE AND OTHER RECEIVABLES

Trade receivables are recognised initially at the transaction price (i.e. cost) and are subsequently measured at cost less provision for impairment. Receivables expected to be collected within 12 months of the end of the reporting period are classified as current assets. All other receivables are classified as non-current assets.

At the end of each reporting period, the carrying amount of trade and other receivables are reviewed to determine whether there is any objective evidence that the amounts are not recoverable. If so, an impairment loss is recognised immediately in statement of comprehensive income.

#### TRADE AND OTHER PAYABLES

Trade and other payables represent the liabilities at the end of the reporting period for goods and services received by the company that remain unpaid.

Trade payables are recognised at their transaction price. Trade payables are obligations on the basis of normal credit terms.

#### **GOODS AND SERVICES TAX (GST)**

Revenues, expenses and assets are recognised net of the amount of goods and services tax (GST), except where the amount of GST incurred is not recoverable from the Australian Taxation Office (ATO).

Receivables and payables are stated inclusive of GST. The net amount of GST recoverable from, or payable to, the ATO is included as part of receivables or payables in the statement of financial position.

Cash flows in the statement of cash flows are included on a gross basis and the GST components of cash flows arising from investing or financing activities which are recoverable from, or payable to, the taxation authority are classified as operating cash flows.

#### **EMPLOYEE BENEFITS**

Provision is made for the company's liability for employee benefits arising from services rendered by employees to the end of the reporting period. Employee benefits have been measured at the amounts expected to be paid when the liability is settled.

#### 3 REVENUE AND OTHER INCOME

	2016	2015
	\$	\$
REVENUE		
Sales revenue:		
Sale of goods	4,873	2,970
Other revenue:		
Interest received	2,947	22,506
Other revenue	428,751	347,602
	431,698	370,108
TOTAL REVENUE	436,571	373,078
OTHER REVENUE FROM:		
Courses	191,231	114,749
Memberships	60,623	49,443
Sponsorships	153,981	182,073
Investment Income Received	4,988	-
Other Income	7,226	1,337
Unrealised Gain on Current Investments	10,702	-
TOTAL OTHER REVENUE	428,751	347,602

#### SPORTS DIETITIANS AUSTRALIA LTD A.B.N. 97 075 825 991

2016	2015
\$	\$

(14,170)

(215,173)

#### **4 INCOME TAX EXPENSE**

The components of tax expense comprise: Over/(Under)Provision for Tax

This refund relates to the reimbursement of income tax paid for the financial year ended 30 June 2014 pursuant to the private tax ruling issued 11 August 2014

#### 5 CASH AND CASH EQUIVALENTS

CBA - Cheque Acocunt	6,243	1,346
CBA - Business Saver	94,519	80,568
CBA - Term Deposit A/c ***2814	-	301,257
CBA - Term Deposit A/c ***2689	-	265,712
Paypal Account	1,966	1,812

#### **RECONCILIATION OF CASH**

Cash and Cash equivalents reported in the statement of cash flows are reconciled to the equivalent items in the statement of financial position as follows:

Cash and cash equivalents	102,728	650,695
	102 728	650 695

#### **6 TRADE AND OTHER RECEIVABLES**

CURRENT		
Trade Debtors	9,450	13,300
nterest Receivable	-	14,674
	9,450	27,974

The carrying value of trade receivables is considered a reasonable approximation of fair value due to the short term nature of the balances

#### 7 FINANCIAL ASSETS

CURRENT		
Colonial Investment Account	560,690	-

#### 8 INVENTORIES

CURRENT		
At cost:		
Stock on Hand	3,640	4,380

2016	2015
\$	\$

#### 9 OTHER NON-FINANCIAL ASSETS

CURRENT		
Prepayments	450	7,881

#### 10 PROPERTY, PLANT AND EQUIPMENT

Office Equipment - at Cost	27,033	25,921
Less Prov'n for Depreciation	[24,625]	(23,005)
	2,408	2,916
Website - at Cost	67,500	67,500
Less Prov'n for Depreciation	[24,933]	(12,933)
	42,567	54,567
Total Plant and Equipment	44,975	57,483
Total Property, Plant and Equipment	44,975	57,483

#### MOVEMENTS IN CARRYING AMOUNTS OF PROPERTY, PLANT AND EQUIPMENT

Movement in the carrying amounts for each class of property, plant and equipment between the beginning and the end of the current financial year.

	Freehold Land	Buildings	Office Equipment	Website	Total
	\$	\$	\$	\$	\$
Balance at 30 June 2014	-	-	4,735	-	4,735
Additions	-	-	-	67,500	67,500
Depreciation expense	-	-	(1,819)	[12,933]	(14,752)
Balance at 30 June 2015	-	-	2,916	54,567	57,483
Additions	-	-	1,112	-	1,112
Depreciation expense	-	-	(1,620)	(12,000)	(13,620)
Carrying amount at 30 June 2016	-	-	2,408	42,567	44,975

#### 11 TRADE AND OTHER PAYABLES

CURRENT		
Trade Creditors	837	200
PAYGW Payable	9,841	6,126
Superannuation Payable	-	3,297
GST Control Account	1,755	3,415
	12,433	13,038

#### SPORTS DIETITIANS AUSTRALIA LTD A.B.N. 97 075 825 991

#### DIRECTORS' DECLARATION

The directors of the company declare that:

- The financial statements and notes, as set out on pages 28 to 35, for the year ended 30 June 2016 are in accordance with the Corporations Act 2001 and:
  - (a) comply with Accounting Standards, which, as stated in accounting policy Note 1 to the financial statements, constitutes explicit and unreserved compliance with International Financial Reporting Standards (IFRS); and
  - (b) give a true and fair view of the financial position and performance of the
- In the directors' opinion, there are reasonable grounds to believe that the company will be able to pay its debts as and when they become due and payable.

This declaration is made in accordance with a resolution of the Board of Directors.

Simone Austin Director: Anoop Singh

Dated this 5th day of October 2016

2016	2
\$	

#### 12 PROVISIONS

Provision for Annual Leave	1	0,587	9,378
TOTAL PROVISIONS	1	0,587	9,378
ANALYSIS OF TOTAL PROVISIONS			
Current	1	0.587	9.378
		0,007	7,070

#### 13 OTHER LIABILITIES

CURRENT		
Income in Advance	32,603	73,687

#### 14 RETAINED EARNINGS

Retained earnings at the beginning of the financial year	652,310	491,581
Net Profit / (Loss) after income tax	14,000	160,729
Retained earnings at the end of the financial year	666,310	652,310

#### 15 CASH FLOW INFORMATION

RECONCILIATION OF CASH FLOW FROM OPERATIONS WITH PROFIT AFTER INCOME TAX		
PROFIT / (LOSS) AFTER INCOME TAX	14,000	160,729
NON-CASH FLOWS IN PROFIT		
Depreciation	13,620	14,752
Stock	740	4,941
Provision for Annual Leave	1,209	908
Unrealised Gain on Investments	(10,702)	-
Asset Write Off	-	325
CHANGES IN ASSETS AND LIABILITIES, NET OF THE EFFECTS OF PURCHASE AND DISPOSALS OF SUBSIDIARIES		
//	40.454	10.010

(Increase) / Decrease in Trade & Other Receivables	10,474	49,213
Increase / (Decrease) in Trade & Other Payables	(605)	(10,353)
(Increase) / Decrease in Other Current Assets	7,431	[7,469]
Increase / (Decrease) in Other Current Liabilities	[41,084]	28,913
	(4,917)	241,959

#### 16 COMPANY DETAILS

Sports Dietitians Australia Ltd

The principal place of business is: Level 2, 375 Albert Street, South Melbourne

#### INDEPENDENT AUDITOR'S REPORT

#### TO THE MEMBERS OF SPORTS DIETITIANS AUSTRALIA LTD A.B.N. 97 075 825 991

#### REPORT ON THE FINANCIAL REPORT

We have audited the accompanying financial report of Sports Dietitians Australia Ltd which comprises the statement of financial position as at 30 June 2016 and the statement of comprehensive income, statement of changes in equity and statement of cash flows for the year then ended, notes comprising a summary of significant accounting policies and other explanatory information, and the directors' declaration.

#### DIRECTORS' RESPONSIBILITY FOR THE FINANCIAL REPORT

The directors of the company are responsible for the preparation of the financial report that gives a true and fair view in accordance with Australian Accounting Standards and the Corporations Act 2001 and for such internal control as the directors determine is necessary to enable the preparation of the financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error. In Note 1, the directors also state, in accordance with Accounting Standard AASB 101: Presentation of Financial Statements, that the financial statements comply with International Financial Reporting Standards (IFRS).

#### **AUDITORS' RESPONSIBILITY**

Our responsibility is to express an opinion on the financial report based on our audit. We conducted our audit in accordance with Australian Auditing Standards. Those standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance about whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditors' judgment, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditors consider internal control relevant to the entity's preparation of the financial report that gives a true and fair view in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control.

An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the directors, as well as evaluating the overall presentation of the financial report.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

#### INDEPENDENCE

In conducting our audit, we have complied with the independence requirements of the Corporations Act 2001. We confirm that the independence declaration required by the Corporations Act 2001, which has been given to the directors of the company, would be in the same terms if given to the directors as at the time of this auditor's report.

#### **AUDITORS' OPINION**

In our opinion:

- (a) the financial report of Sports Dietitians Australia Ltd is in accordance with the Corporations Act 2001, including:
  - (i) giving a true and fair view of the company's financial position as at 30 June 2016 and of its performance for the year ended on that date; and
  - (ii) complying with Australian Accounting Standards and the Corporations Regulations 2001; and
- (b) The financial report also complies with International Financial Reporting Standards as disclosed in Note 1.

Mitchell Wilson Name of Firm:

**Chartered Accountants** 

Name of Partner:

Doug Mitchell

Address: 261-271 Wattletree Road, Malvern 3144

Dated this 5th day of October 2016

#### **OUR PARTNERS**



#### INDUSTRY









#### CORPORATE















